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an intermediate segment configured to traverse a portion of the user's nose located between the first and second nasal passages; and

a resilient member included in at least a portion of the first and second end regions and the intermediate segment which resilient member is capable, at least in part, of resilient deformation that, through an adhesive substance in contact therewith on a surface thereof oriented at least in part the same way as the adhesives face on said first and second end regions to engage the outer wall tissues, tends to cause the first and second end regions to separate from one another after being urged toward one another to give the truss member a tendency to return to its initial state when flexed to thereby act to stabilize the outer wall tissue and so prevent the outer wall tissue of the first and second hasal passages from drawing in during breathing while allowing the truss member to conform to the outer wall tissue of the nasal passages of a user's nose, the truss member including an adhesive void and configured to extend about a user's nose such that the intermediate segment traverses an exterior region of the bridge of a nose with the adhesive void located between the truss member and the bridge.

2. (Five times amended) A nasal dilator capable of introducing separating stresses in outer tissues of a user's nose, said dilator comprising:

a truss having a pair of spaced apart end surfaces terminated by end edges at opposite ends of said truss, a resilient member, and a flexible strip of deformable material defining, at least in part, said pair of spaced apart end surfaces such that forcing said end surfaces toward one another from initial positions to substantially reduce direct spacing therebetween by a spacing reduction force external to said truss results in restoring forces in said truss tending to restore

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